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QUARTERLY TAPE

Creating Your World

To create a just, sustainable, and compassionate shared existence on planet Earth, you must start with yourself. This exercise provides a template for creating your ideal personal reality. Be as self-indulgent as you wish; include everything your heart desires. Above all, keep your creation just and compassionate for you. Pay particular attention to your feelings and emotions about this ideal existence and be willing to let it unfold in your physical reality.

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